

MEMBER *Focus* MAY 2011

A newsletter published monthly by
the Town of Warrenton Parks & Recreation Department
and the Warrenton Aquatic and Recreation Facility

May is National Water Safety Month

In recognition of the popularity of swimming and other water-related recreational activities in the United States, and the resulting need for ongoing public education on safer water practices, the month of May, 2011 is National Water Safety Month!

A large factor in being safe in and around the water is being aware of some simple but crucial water safety information. Here are some water safety tips to help keep you and your family safe in the water:

- Teach children water safety and swimming skills as early as possible. Swim lessons at the WARF are the perfect way to acclimate your children to water safety. Register for Summer swim lessons starting May 17.
- Learn to swim well. Almost two million people of all ages learn to swim each year with Red Cross programs. The WARF offers Red Cross lessons for all ages and ability levels.
- Maintain constant visual contact with children in a pool or pool area. If a child is missing, check the pool first; seconds count in preventing death or disability.
- Weak or inexperienced swimmers should wear U. S. Coast Guard-approved life jackets anytime they're around water.

In the United States, drowning is the second leading cause of death (after motor vehicle crashes) in children 12 and younger. The best way to prevent drowning and water injuries is by teaching your child to swim. The WARF helps families stay safe by teaching swim lessons to over 2,000 people each year.

For more information about National Water Safety Month and water safety information, please visit www.nationalwatersafetymonth.com. For information about WARF water safety and swim lessons, visit the Front Desk.

Now Hiring for Lifeguards and WSIs

The WARF is now hiring for Lifeguard and Water Safety Instructor positions. Applicants for both positions must have current certifications. Lifeguard and WSI certification courses are available at the WARF. To apply for a position or to register for a Lifeguard or WSI certification course, visit the Front Desk.

We Need Your Input!

The WARF is conducting a Group Fitness Survey and your feedback is very important! Results of the survey will be used while planning for the Fall 2011 Group Fitness schedule.

All survey respondents will be entered into a raffle to win a one month WARF membership!

Five winners will be drawn! Current members will receive a one month membership extension. Limit one entry per person. Pick up and return your completed survey at the Front Desk no later than Tuesday, May 10. Raffle winners will be drawn and contacted on Friday, May 13.

Summer 2011 AQUATICS



The Summer 2011 aquatics schedule is now available. Get your kids ready for summer vacations and visits to the WARF by enrolling them in group swim lessons. Your children will learn important water safety information and swim instruction. Classes are available for **ALL AGES** and **ALL ABILITY LEVELS!**

How to Register:

1. Pick up the Summer 2011 Aquatics Brochure, Class Descriptions Sheet and Registration Form at the Front Desk or download the forms from our website at www.warrentonva.gov (the WARF is listed under Parks & Rec).
2. Choose a class based on the participant's ability level. See the Class Descriptions sheet for information on each class.
3. Find the participant's class in the Summer Aquatics Brochure. You will find the corresponding Blocks (dates), days of the week and times of day that class is available.
4. Register! Registration opens for all blocks on May 17 for members and on May 19 for non-members. Payment must be made in full at the time of registration.

WARF's Junior Lifeguard Class Offers Fun and Learning for Young Teens



Looking for a fun summer activity for your older kids? The WARF will be offering two Junior Lifeguard classes this summer. Junior Lifeguard classes are perfect for those age 10-15 who are interested in learning the ins and outs of what it takes to be a Lifeguard including: water safety, hazards in aquatic environments and basic water rescue and first aid skills. Participants will take part in skills classes and drills, work alongside the WARF Lifeguard Staff, gain valuable future job skills and have lots of fun! No prior experience or skills needed.

Both classes will run Monday-Friday from 9:00 am - 4:00 pm. The June class will be held June 27 - July 1 and the July class will be held July 18 - July 22. Register now to reserve your spot!

2011 Skateboard Camps

Radical dude! An extreme camp for skateboard riders of all levels. Whether you have never been on a skateboard and want to learn or you are an experienced skate board rider who wants to improve your skills, this camp is for you. Learn to ride, tack turn, olly, kick flip, grind, stall, drop in and get air at this camp for beginner to intermediate skateboarders. Have fun, be safe and learn fast under the guidance of an American Inline certified skate board instructor. Participants receive official camp t-shirt and sticker. Bring a snack and water. Required equipment: skate board, skate board helmet, elbow and knee pads. Wrist guards recommended.

Ages: 6-13, Co-ed. Boys and Girls Welcome

Location: The Warrenton Skatepark at the Warrenton Sports Complex, 800 Waterloo Road (in front of WARF)

SPRING Class Dates/Times:
May 7, 14, 21, June 4 and 11
 10 am to 11 am
 \$70

SUMMER Camp Dates/Times:
July 18-22, 9 am to 12:30 pm (minimum 8, maximum, 25) \$175
August 8-12, 9 am to 12:30 pm (minimum 8, maximum 25) \$175

Register through American Inline Skating at www.americaninline.com
 For general questions Email: info@americaninline.com or call 703-994-7617.

Memorial Day Hours of Operation

Monday, May 30

Facility Hours: 8:00 am - 6:00 pm

Slide Hours: 1:00 pm - 5:45 pm

Group Fitness: Morning classes will be held as scheduled.
 No evening classes will be held.

Group Fitness Schedule Changes Effective May 1

The WARF will be including **FIVE NEW Aqua Zumba®** classes to the water Group Fitness Schedule! A **Zumba® Toning** class will also be added to the land Group Fitness Schedule Fridays at 11:30 am. This **Zumba® Toning** class has been designed to be a slightly lower intensity class than **Zumba® Toning** on Mondays at 5:30pm. The schedule will also feature a new, updated look!

To see the new schedule, please visit the Front Desk. The new schedule will be effective May 1.

Pay As You Go Membership Sale!

Interested in a Summer Membership at the WARF or have a college student coming home for the summer? Purchase 3 months of Pay As You Go Membership in the months of May or June and **save 15%!!**

Pay As You Go Membership is perfect for summer memberships. How does it work? Simply purchase a WARF membership month by month or purchase as many months as you want up front. There's no annual contract or hidden fees! Enjoy the benefits of WARF membership without any commitments.

2011 Warrenton Triathlon

The Warrenton Triathlon will be held at the Warrenton Aquatic & Recreation Facility Sunday, September 18, 2011 at 8:00 am.

Those interested can go to www.setupevents.com for more information and to register.

Chick-fil-A Nuggets are Here!!!



Chick-fil-A 8-count Nuggets are now available for \$3.00 plus tax at the WARF. Something for the entire family while you picnic outside at the Fun For All Playground or just need a quick protein snack on your way out.

Just a reminder we are here on Saturdays with breakfast items such as Chicken Biscuits, coffee and Orange Juice. Thanks for stopping by!

Hours of Operation:

Monday 5-8 • Tuesday - Thursday 11-2 & 5-8
 Friday 11-2 • Saturday 9-1 • Closed Sunday